

- Grandparents Give the Best Hugs!
- Grandparents sayings.



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Grandparents Give the Best Hugs!

My name is Aiden and I am here to tell you my story of how living with my grandparents made a positive difference in my life. My friends say moms give the best hug, my friends also say dads give the best advice, for me my grandpa will always come up with a solution to fix any problem. My grandparents help me with my homework and they help me with school problems as well as piano lessons. Anyone can come to our house and get a warm meal and a nice place to rest. They taught me respect and that's how I made the friends I have today. One

time when I was 9, I came home crying because on the bus some kids made



fun of me, and my grandma told me "people are going to be taking about you until the day you die and there's nothing you

can do. She also said listen to me, it isn't what people call you it's what you answer to remember that okay." And those words changed my look on what people say to me. To not let things get to me if I don't want them to. And I love them for that. I used to think that my life meant nothing, but my life has been made into a wonderful dream. My story touched my friends' hearts when they heard it and I hope you have the same feeling as my friends. This is my story of a life my grandparents could provide.

Aiden, Age 12

Happy Grandparents Day!

Grandmas are moms with lots of frosting. ~Author Unknown

A grandfather is someone with silver in his hair and gold in his

heart. ~Author Unknown

My grandson was visiting one day when he asked, "Gramma, do you know how you and God are alike?" I men-

tally polished my halo while I asked, "No, how are we alike?" "You're both old," he replied. ~Author Unknown



"Working together for a better life!"

**"Saturdays
August 31
to
October 5"**

Pioneer Health Resources

Pioneer Health Resources is hosting an open house at the new Caldwell location!

It will be on **Friday, September 20** from **11AM-2PM**.

The office location is **1305 S Kimball Street.**

This will be a great opportunity for anyone to find out about the different mental health services they offer!

Leanne Kendall

PSR Supervisor/Public Relations

Pioneer Health Resources
208-989-1555

Powerful Families

Is offering Financial Literacy Saturdays from 9 am to 12 pm. At the YMCA in Caldwell. 3120 Indiana, Caldwell ID 83605

Classes are free and Childcare and breakfast will be provided to all participants. Saturdays August 31 to Saturday October 5. Call Gaby 208-466-9926

Taste of the Harvest

The Taste of the Harvest celebration began in 2001 as a way to highlight the bounty of the agricultural harvest in Canyon County.



Celebrate Idaho agriculture, scholarship, and Homecoming with the family-friendly Taste of the Harvest. The

event includes music, multi-cultural entertainment, activities for children, and great local crafts, food, and beverage.

Saturday, Sep 28
1:00p to 5:00p.

[The College of Idaho](#), Caldwell

Fresh Brown Bag Lunch Ideas



If you're a parent of school-age kids, you're probably no stranger to brown bananas and smashed sandwiches aging in the bottom of your child's backpack. By the end of the school year, most kids are tired of eating the same bag lunch day after day at school. Even peanut butter and jelly sandwiches can grow old

Include more whole foods and less processed foods. Choose lunch items with higher amounts of fiber and nutrients children need (like calcium, protein, and vitamin C). Include fewer processed foods such as cookies, chips, and snack cakes, which have higher sodium, added sugar, and saturated fat.

Be creative. Think outside the lunchbox. Does your child enjoy spanakopita triangles, Chinese chicken salad, or veggie/soy corn dogs at home? With a little forethought and a reusable cold pack, you can probably pack them for lunch, too

Veggie Sushi. Not all kids will go for this, but some children really like seaweed-wrapped sushi rolls. You can now buy pre-made sushi at many supermarkets. Choose sushi that is filled with veggies (such as avocado and cucumber) so there's no chance that it will get a little "fishy" in your child's backpack.

BBQ Chicken Sandwich.

Your child can assemble a yummy BBQ grilled chicken sandwich fresh at lunchtime. Just pack a grilled, boneless, skinless chicken breast with some lettuce and sliced tomato in one baggie and a whole-wheat bun in another. Add a packet of BBQ sauce and it's good to go.

*“Even
peanut
butter and
jelly
sandwiches
can grow
old.”*

Celebrate Lunch Salads. A plastic container can hold the makings of a delicious salad lunch. For a Cobb salad, fill it with spinach or chopped dark green lettuce, chopped hard-boiled egg, light cheese, and/or lean ham. Or toss in the ingredients for a Chinese chicken salad: dark salad greens, shredded chicken, shredded carrots, sliced green onion, and

toasted sliced almonds.

The salad will stay fresher if your child adds the dressing at lunchtime. Put a light dressing into a small container, buy packets of light dressing, or use extra packets of dressing left over from a fast-food meal.

Add some of these:

- Fruit cup (with no sugar added)
- Applesauce
- Nuts or seeds in a shell.
- Raw veggies.
- Cheese Sticks
- Yogurt

Idaho CareLine • IDHW



Get Connected. Get Answers.

Dial 2-1-1 or 1-800-926-2588

2-1-1 Idaho CareLine is Idaho's only statewide, comprehensive community information and referral service. Dedicated to providing a comprehensive range of low cost or free health and human services to the people of Idaho. Dial 2-1-1 or

1-800-926-2588

www.211.idaho.gov

It can be overwhelming to be the primary caretaker of children in today's world. When you feel as though you just can't do it anymore, it might help to remember this anonymous quote.

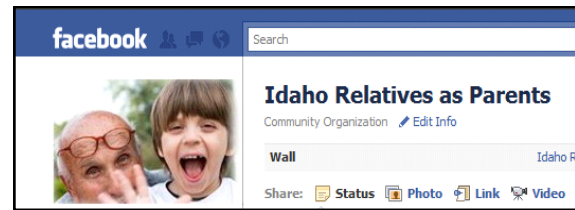
"You may not be able to change the entire world, but you can change the entire world of a child."

Idaho KinCare Project

A KinCare provider is a grandparent or other family member raising a relative's child. This arrangement can be challenging from legal, financial, and emotional standpoints. If you are one of the 10,000 KinCare providers in Idaho, this newsletter is for you.



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Visit the FACS library at
www.211.idaho.gov



Support Group

n be over-

Kinship Plus

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